



Full Report (All Nutrients) 09099, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids

Report Date: June 30, 2017 05:37 EDT

Nutrient values and weights are for edible portion

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	Value Per 100 g	Data points	Std. Error	1 cup 242g
Proximates					
Water	g	84.37	--	--	204.18
Energy	kcal	57	--	--	138
Energy	kJ	238	--	--	576
Protein	g	0.40	--	--	0.97
Total lipid (fat)	g	0.07	--	--	0.17
Ash	g	0.23	--	--	0.56
Carbohydrate, by difference	g	14.93	--	--	36.13
Fiber, total dietary	g	1.0	--	--	2.4
Sugars, total	g	13.93	--	--	33.71
Minerals					
Calcium, Ca	mg	6	--	--	15
Iron, Fe	mg	0.29	--	--	0.70
Magnesium, Mg	mg	5	--	--	12
Phosphorus, P	mg	11	--	--	27
Potassium, K	mg	89	--	--	215
Sodium, Na	mg	6	--	--	15
Zinc, Zn	mg	0.09	--	--	0.22
Copper, Cu	mg	0.070	--	--	0.169
Manganese, Mn	mg	0.147	--	--	0.356
Selenium, Se	µg	0.5	--	--	1.2
Vitamins					

Nutrient	Unit	1			1 cup 242g
		Value Per100 g	Data points	Std. Error	
Vitamin C, total ascorbic acid	mg	1.9	--	--	4.6
Thiamin	mg	0.018	--	--	0.044
Riboflavin	mg	0.019	--	--	0.046
Niacin	mg	0.380	--	--	0.920
Pantothenic acid	mg	0.061	--	--	0.148
Vitamin B-6	mg	0.051	--	--	0.123
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Choline, total	mg	3.7	--	--	9.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	10	--	--	24
Retinol	µg	0	--	--	0
Carotene, beta	µg	104	--	--	252
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	39	--	--	94
Vitamin A, IU	IU	208	--	--	503
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	75	--	--	182
Vitamin E (alpha-tocopherol) ¹	mg	0.50	1	--	1.21
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta ¹	mg	0.00	1	--	0.00
Tocopherol, gamma ¹	mg	0.00	1	--	0.00
Tocopherol, delta ¹	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	6.3
Lipids					
Fatty acids, total saturated	g	0.010	--	--	0.024
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000

Nutrient	Unit	1			1 cup 242g
		Value Per 100	Data points	Std. Error	
	g				
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.007	--	--	0.017
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.014	--	--	0.034
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.014	--	--	0.034
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.075
18:2 undifferentiated	g	0.027	--	--	0.065
18:3 undifferentiated	g	0.004	--	--	0.010
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Flavonoids

Isoflavones

Daidzein ²	mg	0.00	1	--	0.00
Genistein ²	mg	0.00	1	--	0.00
Total isoflavones ²	mg	0.00	1	--	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1992 Beltsville MD

²Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331